



## Somatic Experiencing/ Trauma Touch Informed Consent

When appropriate, and according to my clinical judgment, I will (or may) propose the use of Somatic Experiencing (SE) in our work together. SE is a naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine and is supported by research. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in “immunity” to trauma that enables them to return to normal in the aftermath of highly “charge” life-threatening experiences.

- SE employs awareness of body sensation to help people “renegotiate” and heal rather than re-live or re-enact trauma.
- SE’s guidance of the bodily “felt sense” allows the highly aroused survival energies to be safely experienced and gradually discharged.
- SE may employ touch in support of the renegotiation process.
- SE “titrates” experience (breaks down into small, incremental steps), rather than evoking catharsis (which can overwhelm the regulatory mechanisms of the organism).

Touch will never be employed without discussion and verbal consent first. You have the right to choose touch work or refuse. Your practitioner will discuss ahead of time the recommendation of touch, if indicated, and you will have an opportunity to ask many questions. A refusal continues to be an option even if the work has begun. Your practitioner will verbally identify exactly the scope and practice of your work before, during and after sessions. It is your responsibility to communicate any effects of such treatments to your practitioner during and after sessions. A parent of a minor must be present at all sessions.

SE can result in a number of benefits to you, such as relief of traumatic stress symptoms, increased resiliency and resourcefulness. Like any other treatment, it may also have unintended negative side effects, such as sleep disturbance, frightening memories or unfamiliar/uncomfortable body sensations. Such reactions can be attended to in the course of our work together. It is important that you are aware that there are other forms of body-oriented and somatic psychotherapy modalities that may also be helpful to you, such as EMDR, Sensorimotor Psychotherapy or Bodydynamics. There are also many non-somatic forms of psychotherapy and counseling that you can choose from. My own training in Somatic Experiencing and Touch Trauma treatment includes 235+ hours of training over a 3 year period, 30+ hours of personal consultation and experiential work, as well as continued reading, studying and consultation since 2010. I continue to assist in teaching SE and combining it with cognitive-behavioral techniques to craft an individual response to your unique constellation of trauma.

I have read and understand the above disclosure.

**Adults:**

\_\_\_\_\_  
Print name if over 18 yrs of age      Signature  
\_\_\_\_\_  
(dated)

**Teens:**

\_\_\_\_\_  
Print name if over 18 yrs of age      Signature  
\_\_\_\_\_  
(dated)

**Parent of a minor:**

\_\_\_\_\_  
Print name if over 18 yrs of age      Signature  
\_\_\_\_\_  
(dated)